

* CHOWAN SENIOR SCENE

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• 204 EAST CHURCH STREET EDENTON, NC 27932 252-482-2242

FEBRUARY 2017

RETURN SERVICE REQUESTED

FEBRUARY WEEKLY ACTIVITIES

The Center will be operating out of Room 315 at COA campus until further notice. Our phone number remains the same.

BINGO— Every Tuesday we will play Bingo from 1:00 to 2:00 at COA, room 310 This is FREE.

ARTHRITIS EXERCISE—On Tuesdays and Thursdays from 10:15 to 11:00 we will have a class geared to arthritis problems. Cost is \$1.00 and the class will be held in Room 310 at COA.

SENIOR BOWLING—On Mondays we will leave the Center at 12:15, go to Albemarle Lanes, bowl and return by 3:30. Transportation is \$2.00.

FITNESS CLASSES—\$4/class or \$30/month in Room 410 at COA

Monday	Bootcamp or Yoga—9:00 Pilates 5:30
Tuesday	Step Interval 9:00 Zumba Fitness & Tone 5:30
Wednesday	Chilates 9:00 Pilates 5:30
Thursday	20-20-20 Class 9:00 Zumba Fitness & Tone 5:30
Friday	Yoga 9:00

BIRTHDAY CELEBRATION—Come and join us as we celebrate February birthdays on Tuesday, February 7th at 12:15.

LINE DANCE CLASS—Come join Jackson on Mondays and Fridays from 10:30 to 11:30 in Room 410 at COA.

FUN SWIM—Every Wednesday we will leave the COA at 12:15 for a Fun Swim at the YMCA swimming from 1:00 to 2:00 & return by 3:00. Cost is \$6.00 and **deadline is two days before.**

FEBRUARY SPECIAL TRIPS & ACTIVITIES

HEART HEALTH MONTH SCREENINGS—On February 2nd from 11:00 to 1:00 Vidant Hospital will be doing FREE screenings for blood pressure, blood sugar and cholesterol in our office, Room 315 at COA.

VALENTINE ADVOCACY EVENT—See enclosed flyer. The Chowan Senior Center is joining other senior centers across the state to mail Valentines to our Legislatures. It will include a “thank you” for funding along with a request for future funding. This special Valentine event shows our appreciation and keeps our Senior Center on the minds of our Legislators. Sign up to attend by **Jan. 31st.**

PAINT CLASS—On February 8th from 10:30 to 12:30 Katrina Sage will teach a paint class at COA, room 310. All materials are supplied and the cost is \$12.00 in cash. The picture will be a Valentine Theme. **Deadline is 2/1.**

VALENTINE’S PARTY—On Feb 14th at 12:30 we will have a party following lunch. There is no charge, deadline to sign up is **Feb. 6th.**

MONTHLY LUNCHEON—On February 15th we will have a luncheon at the Culinary building at 12:00. This will be a Mexican lunch prepared by the COA Culinary students. Cost is \$1.00 and **the deadline is February 7th.**

SHOPPING TRIP—On February 17th we will leave the Center at 8:00, go to Patrick Henry Mall for shopping and lunch on your own and return by 5:00. The cost is \$10.00 and **the deadline is February 2nd.**

“BETTER CHOICES” - Mary Morris, County Extension Director, will be at the Nutrition Site on February 28th at 12:00 to talk to you about “Storing and Food Safety”.

Chowan Senior Center is a North Carolina Certified Senior Center of Excellence enhancing the quality of life for senior adults.

Sign up for Medicaid on 2/15, need appointment.

WOODCARVING CLASS—On Feb. 10th and 24th from 9:00 TO 12:00 we will have a class,

WALKING CLUB—We meet at the D. F. Walker gym on Monday, Wednesday and Friday and walk from 10:00 to 12:00. Everyone walks on their own and at their own pace.

Grocery Shopping Assistance—February 9th and 23rd at 11:30.

Monthly Medical Notes—February 7th -11:30.

Crossword Puzzle—February 16th—11:30

Birthday Quiz—February 2nd—11:30

Trivia Plus—February 16th—11:30

Word Search—February 21st—11:30

MEDICINE, AGE AND YOUR BRAIN—On February 14th Linda Windley will present this program at the Nut. Site at 12:00.

PERSONNEL:

Connie Parker
Director

Margie Downing
Nutrition Site Manager
Gina Smith
Senior Ctr. Coordinator
Sharon Savage
Receptionist